CONTROL of LENGTH.
(For beginners and OTHERS).

1. Make the length of travel of your bowl be GOVERNED by the SPEED OF YOUR ACTION. This will depend on such factors as the length of the jack from the mat, the speed of the green, headwind or tailwind, even a diagonal wind, or the need for a back bowl.

2. Make your action automatic, i.e. smooth and graceful, by practising and experimenting a lot on your own so you don't have to think about any part of it when you're standing on the mat. A look at the jack will give your mind (or brain) an idea of how much bowl speed will be required*. Then, just concentrate your eyes on a 'STARE SPOT' that you need to bowl your bowl over UNTIL your bowl goes over it. At this point, rise to a standing position and admire the result OR work out any correction needed for your next bowl.

*That means 'Just let your body do it'. It's done it some thousands of times so it doesn't need to be told every time you bowl your bowl.

3. Here are some suggestions to help control the speed of the bowl's delivery:
 a) Count to yourself in your head (or under your breath) when about to bowl
       'ONE' -to start a forward swing of your bowl by which time your bowl will
        have completed the forward swing;
       'TWO' - by this time, your bowl should have reached the end of its backswing;
       'THREE' - this is at the moment of release of your bowl.
ALTERNATIVELY,
b) Say 'STEP and SWING' so you have planted your leading foot as your bowl swings back. This means you are releasing your bowl from a steadier base.
c) For very fast greens, some bowlers say 'LOW and SLOW' to themselves but this may complicate things by requiring a change in your action, be it ever so slight.

4. Backswing:
Using a backswing helps with the control of your speed of action. Having the same speed in your backswing as in your forward swing makes it a PENDULUM swing. Having little or no backswing results in a pushing or jerking action which often results in your bowl missing the line you want your bowl to travel on.

Doug Cole/Jan 21.